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Music therapy in dementia care

Perspectives on research

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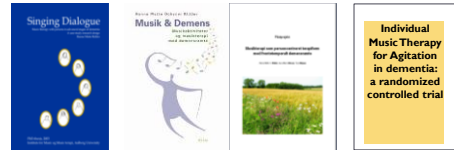
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Music therapy in dementia care: Perspectives on research

Hanne Mette Ridder, Aalborg Universitet
MUSIK OCH SÅNG INOM DEMENSVÅRD, Stockholm, 4.10.2012

Background



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Background (www.mt-phd.aau.dk)

Doctoral Programme in Music Therapy

The doctoral programme in music therapy at Aalborg University offers PhD education within the science of music therapy. The goal of the Doctoral Programme is to train researchers with sufficient theoretical, technical, methodological and applied clinical research knowledge in the field of music therapy research to assure scientific rigor.

In the present research milieu, both qualitative and quantitative research is undertaken, investigating process and outcome. Clinical fields that have been the focus of doctoral research to date include mental health and acute psychiatric, psychosis, pervasive developmental disorder, autism, learning disability, brain trauma and neuro-rehabilitation. The doctoral programme in music therapy is part of the Doctoral School of the Humanities at Aalborg University and is defined as an international school.

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Nettverket Musikk og Eldre



- Fall 2008, GAMUT/Uni Helse: Nordic network for «Forsking og kunnskapsutvikling om musikk, musikkterapi og eldre».
- Network meetings with researchers and clinicians.

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The effect of music therapy?



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The effect of music therapy?



THE COCHRANE
COLLABORATION®
(www.cochrane.org)

- Cochrane Reviews
 - Systematic reviews of primary research in human health care and health policy
 - Internationally recognized as highest standard in evidence-based health care
- Six reviews on MT:
 - **ABI** (Bradt, Magee, Dileo, Wheeler & McGilloway 2010)
 - **Autistic Spectrum Disorder** (Gold, Wigram, Elefant 2010)
 - **Dementia** (Vink, Bruinsma & Scholten 2011)
 - **Depression** (Maratos, Gold, Wang & Crawford 2009)
 - **End-of-life care** (Bradt & Dileo 2011)
 - **Schizophrenia** (Mössler, Chen, Heidal & Gold 2011)
- Conclusion for MT-Cochrane reviews: Positive except dementia. Need more Randomized Controlled Trials (RCTs)

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Cochrane review on MT and dementia (Vink et al. 2011)

- ▶ **Ten studies included (N=396)**
 - ▶ Brotons (2000) RCT, crossover, N=26 (USA)
 - ▶ Clark (1998) RCT, crossover, N=18 (USA)
 - ▶ Gerdner (2000) RCT, crossover, N=39 (USA)
 - ▶ Groene (1993) RCT, parallel group trial, N=30 (USA)
 - ▶ Lord (1993) RCT, parallel group trial, N=60 (USA)
 - ▶ Guétin (2009) RCT, parallel group trial, N=30 (France)
 - ▶ Raglio (2008) RCT, parallel group trial, N=59 (Italy)
 - ▶ Raglio n.d., RCT, parallel group trial, N=60 (Italy)
 - ▶ Sung (2006) RCT, parallel group trial, N=36 (Taiwan)
 - ▶ Svansdottir (2006) RCT, parallel group trial, N=38 (Iceland)
- ▶ **Conclusion:**
 - ▶ **Methodological quality** of the studies was **generally poor**
 - ▶ Results could not be validated or pooled for further analyses

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Is Music Helpful?

- ▶ *Aging & Mental Health* - special issue on Music 14(8)
...dementia care constitutes an 'unsolved' problem
- ▶ Many pharmaceutical treatments have been developed
 - But many aspects of the condition remain untreatable
 - Unwanted side effects exist
- ▶ Is music helpful for people with dementia?

(Spiro 2010, p.891)

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Music and dementia (Spiro 2010)

Three dominant groups of symptoms of dementia, which have been suggested to be positively influenced by music:

- ▶ Memory (particularly autobiographical memory) and language retention
- ▶ Mood and depression
- ▶ Aggression and agitation

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Music and dementia (Spiro 2010)

Memory: music's complexity seems to be its strength in contributing to the preservation of memory.

Mood and depression:
A positive outcome of reminiscence music therapy is a reduction in depressive symptoms.

Agitation: music may provide a regular predictable stimulus to which the listener entrains, thereby settling the agitated, arrhythmic behaviour.

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Wide-ranging effects of music (Spiro 2010)

- ▶ As dementia is potentially a whole body condition affecting the individual and their interaction and communication with others, the nature of music makes it a good candidate for therapeutic application to individuals with dementia and it is therefore not surprising that the positive effects that music has been reported to have on dementia are wide-ranging.



(Spiro 2010, p.897)

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Meta-reviews confirming the effect of music

- ▶ Wall & Duffy (2010) *The effects of music therapy for older people with dementia*
- ▶ Review of 13 studies.
- ▶ Music therapy influenced the behaviour of older people with dementia in a positive way by reducing levels of **agitation**.
- ▶ The research further identified a positive increase in participants' mood and socialization skills, with **carers** having a significant role to play in the use of music therapy.
- ▶ However, methodological limitations were apparent throughout each of the studies reviewed

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Meta-reviews confirming the effect of music

- ▶ Hulme, Wright, Crocker, Oluboyede & House (2010) **Non-pharmacological approaches for dementia that informal carers might try or access: a systematic review**
- ▶ Review of 33 studies
- ▶ Whilst **informal carers** can apply some of the interventions highlighted in the home setting at little or no cost to themselves or to health or social care services, others are likely to require training or instruction.
- ▶ Service providers and commissioners should explore current and future provision of **more structured group activities** for people with dementia; in particular the provision of **group music therapy and group exercise activities that meet the needs of both the person with dementia and their carer.**

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Meta-reviews confirming the effect of music

- ▶ Kverno, Black, Nolan, & Rabins (2009) *Research on treating neuropsychiatric symptoms of advanced dementia with non-pharmacological strategies, 1998–2008: a systematic literature review*
- ▶ Review of 215 intervention studies.
- ▶ The studies provide limited moderate to high quality evidence for the use of **sensory-focused strategies**, including aroma, preferred or live music, and multi-sensory stimulation.
- ▶ Interventions appear to work best when they are tailored to **balance individual arousal patterns.**

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Prevention of restraints in daily care



Collaboration between music therapist and staff

- ▶ Can music therapy and collaboration between the music therapist and staff prevent the use of restraints and the risk of work related injuries and stress?
- ▶ If so, how can this collaboration take place?

(Hyldgaard 2011, MA thesis available at <http://projekter.sau.dk/>)

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Participants

	sex	age	diagnose	living facility	marital status
A	f	89	vascular dementia	dementia unit	widow
B	f	88	alzheimers	dementia unit	widow
C	f	88	alzheimers, apoplexia, depression	dementia unit	widow
D	f	89	not diagnosed	somatic unit	widow
E	m	61	semantic dementia	dementia unit	divorced

(Hyldgaard 2011)

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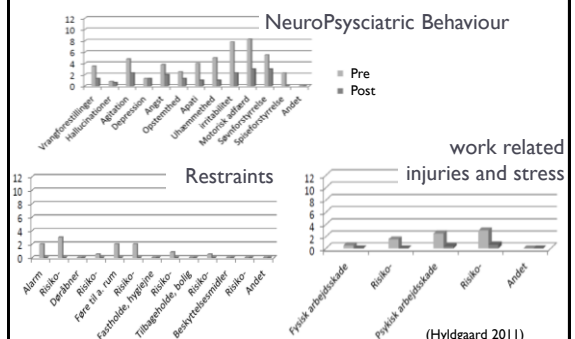
Data

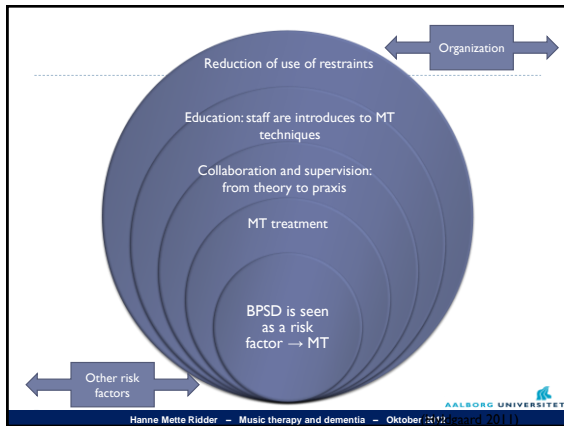
- ▶ **Questionnaires:** neuropsychiatric behaviour, use of restraints and work environment. Filled out by staff pre/post.
- ▶ **Focus group meetings** based on results from questionnaires.
- ▶ **Referral and music therapy treatment plan**
- ▶ **Evaluation of music therapy course.** Audio/video recordings
- ▶ **Summaries from staff meetings and focus group meetings**
- ▶ **Supervision rapport:** reflection on clinical problems and interventions
- ▶ **Catalogue of ideas to music interventions and activities from music therapist to staff**

(Hyldgaard 2011)

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AMA-måling (person A)





Themes that came up in supervision of staff

- ▶ **Soundscapes and sound pollution.** How sounds stimulate or over-stimulate people with dementia
 - ▶ **Validation** of emotions using songs. Which emotional themes came up in the music therapy
 - ▶ Activities that facilitates **contact between** people with dementia
 - ▶ The use of **body language**
 - ▶ **Empowerment**
 - ▶ Using a **lower voice pitch** when singing
 - ▶ How to facilitate **social interaction**
 - ▶ **Arousal regulation**
 - ▶ **Positive interactions** (Kitwood): facilitation, holding, validation, recognition, negotiation
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Ongoing research in MT and dementia



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Ongoing research in MT and dementia



Orla McDermott (UK/Japan)

(www.mt-phd.aau.dk)

The development and evaluation of outcome measures for music therapy with care home residents with dementia.
MiDAS: **Music in Dementia Assessment Scales**



Anke Coomans (Belgien)

Music Therapy and Dementia; the value of musical improvisation for the development of a therapeutic relationship in music therapy with people suffering from dementia.



Aase Marie Ottesen (Denmark)

Employment of music therapy and Dementia Care Mapping in a cross-disciplinary course for development of the musical and interpersonal competencies of the personnel with emphasis on advancement of quality of life and well-being among people suffering from dementia.

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Ongoing research in MT and dementia

Individual Music Therapy for Agitation in dementia: a randomized controlled trial

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Hanne Mette Ridder, Aalborg Universitet – Pilotprojekt: Musikterapi med demensrammede – Marts 2011

Design



DP-1

Musikterapi

Venteliste

DP-2

Standardpleje

Musikterapi

DP-3

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Data om deltagere

Deltagerkarakteristika indsamles fra kontaktpersonale

- ▶ Henvisningsårsag
- ▶ Diagnose og funktionsniveau
- ▶ Somatiske symptomer og helbredstilstand
- ▶ Daglige rutiner, ADL (Activities of Daily Living) og hjælpemidler
- ▶ Hukommelse og sprog
- ▶ Deltagelse i aktiviteter og sociale netværk,
- ▶ Tilknytning til boenhed/plejecenter/sykehjem
- ▶ Medicinering (før/efter)
- ▶ Livshistorie (v. anvendelse af Den Kvalitative Livshistorie)

Den Kvalitative Livshistorie

1. Nære relationer
2. Skole, uddannelse og arbejde
3. Interesser, aktiviteter og musik
4. Fællesskaber (forenings-, bo-, kollega- og trøstællesskab)
5. Værdier/måder at leve på



Positive begivenheder

Mindre positive begivenheder

Clinical method: Decision Tree:



Reciprocal description of MT's choices made in individual music therapy with persons with severe dementia

27

One page form

- ▶ To be filled out after each session by MT

Description of the clinical music therapy method

Participant code: _____ To be filled out after each session

Date (dd mm) : - - - - - 2011

Music therapy session no. : _____

Length of session in minutes : _____

	Participant	New or old song?		P sings	P dances/moves	P listens to	P and MT talk	P and MT go for a walk	Other	Sequence (1, 2, 3, ...)
		well-known songs ¹	new, unfamiliar songs ²							
Participant plays/improvises with vocalization										
P sings										
P dances/moves										
P listens to										
P and MT talk										
P and MT go for a walk										
Other										

1) Participant: mark the first activity with 1. Mark what instrument with 2, and so forth. Mark alternately only first (1) and last (X) activity.

2) Participant: mark the first activity with 1. Mark what instrument with 2, and so forth. Mark alternately only first (1) and last (X) activity.

3) Participant: mark the first activity with 1. Mark what instrument with 2, and so forth. Mark alternately only first (1) and last (X) activity.

4) Participant: mark the first activity with 1. Mark what instrument with 2, and so forth. Mark alternately only first (1) and last (X) activity.

5) Participant: mark the first activity with 1. Mark what instrument with 2, and so forth. Mark alternately only first (1) and last (X) activity.

Date (dd mm) : - - - - - 2011

Music therapy session no. : _____

Length of session in minutes : _____

	Participant	Mark with a cross if yes		If yes, how often?		Sequence * (1, 2, 3, ...)
		on instruments ¹	free instr. songs/melodies with vocalization	if yes, how often?	if yes, how often?	
Individual music therapy	P sings					
	P dances/moves					
	P listens to					
	P and MT talk					
	P and MT go for a walk					
No music:						

P: Participant (client in music therapy); MT: Music therapist; CD: CD or other media, e.g. LP or cassette.

*Sequence: mark the first activity with 1. Mark what happens next with 2, and so forth. Mark alternately only first (1) and last (X) activity.

One page form

The MT session takes in own room ☐

The MT session takes in lounge ☐

Other ☐

1) Which instruments:

2) Which songs (supposedly well-known to the participant):

3) Which (supposedly) new and unknown songs introduced by MT:

4) Which Music: (Feel free to note certain events or significant moments on the back page)

